

LIFESTYLES

Hawaii Marine B Section

April 19, 2002



Cyndi Foster, Play Morning coordinator at the ASYMCA, has fun with the children at the Super Playground aboard MCB Hawaii, Kaneohe Bay, Wednesday.

Cpl. Jason E. Miller

CDC honors families

Sgt. Robert Carlson
Press Chief

Dozens of families gathered on the rolling hills of the MCB Hawaii Child Development Center outdoor amphitheater April 12 for a concert and a picnic in honor of military children.

The CDC has other events scheduled for the Month of the Military Child celebration, but this one was fun for the entire family.

"This type of event is great because it brings families together and lets them get to know each other, said CDC employee Marisol Ramos. "While the parents are enjoying the music, the kids can use the playground."

While the Marine Forces Pacific Dixieland Band played, the band wove its way through the picnicking guests, bringing smiles to faces young and old.

"This is just the type of event we designed this area for," said Coraline

Kramer, director of the CDC.

"These open areas and rolling hills create a natural amphitheater perfect for concerts like this."

As the sun went down and the music stopped, children of all ages moved from the playground to the stage area to learn about musical instruments.

Band members stayed after to teach the children how to make music, and even let them beat the drums and blow the horns.

The Month of the Military Child Celebration continues at the CDC with the Art in the Park event April 27.

More than 300 families take advantage of the services offered by the CDC, and the center has more than 226 children in its part-day and full-day programs.

For more on upcoming events, call the CDC at 257-1388.



Sgt. Robert Carlson

Brandon Jasper (right) and Triston Johnson, both 20 months old, learn the ins and outs of the tuba from MarForPac Band clarinet player Cpl. Ben Pierce.



Sgt. Robert Carlson

Sergeant Robert Davies, a MarForPac Band trumpet player, performs in the Dixieland Band at the Child Development Center concert.

Armed Services YMCA: Fun for kids

Cpl. Jason E. Miller
Combat Correspondent

Part of what makes MCB Hawaii, Kaneohe Bay, such a wonderful place to work, live and rear a family is the number of organizations on base that are simply there to help out servicemembers and their families.

One of these, the Armed Services Young Men's Christian Association does this through helping families to cope with deployments and connect with other families in similar situations.

The ASYMCA has long been serving the military in many ways to help promote a healthy environment for servicemembers and their families.

Their mission to serve the social, educational, recreational and religious needs of the armed forces is reinforced almost daily through several family outreach programs put

together by the working staff.

"All of our programs are either free or at a minimal cost to those participating," said Jodie Westin, outreach director at the ASYMCA. "We are not here to make a profit at all. We're just here to serve the military and their families."

Most of the programs offered at the ASYMCA cater to families of junior enlisted personnel with children under the age of 5.

It's hard to believe that the office on K-Bay, has only three workers when considering the vast amount of services they offer.

Some of their programs include Food for Families, where volunteers collect food and give it to servicemembers with income problems, special programs for those with deployed spouses, and most popular, the Play Morning Program.

The Play Morning Program happens week-day mornings at different sights around the base. Parents bring their children out for a morning of bonding and interaction with other children their age.

Children who attend Play Morning are usually between two and three years old.

"It's important to know that we are not a child care facility," said Westin. "Parents have to come out with their children in order to take part in any of the programs we offer."

Social nights for dependents with deployed spouses occur at the ASYMCA on a monthly basis. Everything from Hula Dancing lessons and movie nights to spaghetti dinners are held.

The ASYMCA is open Monday through Thursday from 8 a.m. to 3 p.m. and 8 a.m. to 12 p.m. on Friday.

For more, call ASYMCA at 254-4719.



Sgt. Robert Carlson

Corporal Ben Pierce, clarinet player with the MarForPac Band, teaches guests about the tuba after the CDC concert April 12.



Sgt. Robert Carlson

Corporal Justin Melton, drummer for the MarForPac Band, lets the children take swings at his instrument after the concert.

MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Debbie Baker, MCCS Public Relations

APRIL Today

We Beg Your Pardon — To all Staff NCO Club members, Marine Corps Community Services, “begs your pardon, please.”

Now through May 20, the club facility will undergo mild renovations. All previous Rocker Room activity will be temporarily located in the Fairways Sports Grill.

SM&SP



All events are open to single, active duty military.

The SM&SP Office is located in Bldg. 219. Call 254-7593, for more info.

Program Review
Saturdays: Oceanside Paintball lets your “inner-predator” come out to play on Saturdays from 9 a.m. – 4 p.m. and Sundays, noon – 5 p.m. Call for equipment rental fees.

April 20: The Interservice Paintball Tournament will take place at the MCB Hawaii Oceanside Paintball Field. Cost is \$175 per five man team; each team may have two substitutes (for seven people total).

The registration fee includes prizes and all-day air. Awards will be given to the top three teams.

April 26: Participate in the Shank & Slice Tournament at the Klipper Golf Course. Awards will be given by a blind draw. You don’t have to be a pro to win big.

May 25-27: Start making plans to jet set to Molokai during Labor Day weekend. Spaces are limited.

SM&SP Benefits
Single Marines and Sailors enjoy these:

- At the Klipper Golf Course — free range balls, club rental at \$5 and 18 holes of play for \$8.
- At K-Bay Lanes — games at \$1.50 each, free shoe rental (Monday through Tuesday), and no-tap at \$15 on Thursdays at 8:15 p.m.
- At the Base Theater — the second showing of Friday and Saturday movies for free (E-5 & below).
- At the Base Library — 30 min. of free Internet access.

Modified hours of operation are as follows:

- Wednesday 7 p.m. – midnight.
- Friday and Saturday, 7 p.m. – 2 a.m.

Every Friday night, Fairways promises patrons free pupus and delivers DJ Brian to keep the party going.

Call 254-5592, for more information.

Help Feed Hawaii — The MCCS Personal Services Department is teaming up with the Hawaii Food Bank, and they both will need your help.

Now through April 26, Personal Services is accepting nonperishable food items to help feed the homeless and less fortunate.

Donations may be dropped off at Personal Services, Bldg. 216.

The most requested food items include canned fish, meat, soups, vegetables, peanut butter and rice.

For more ways you can help, or for more information, call 257-7790.

22 / Monday

Executive Transition Assistance Program (ETAP) — All service members who are about to retire must attend the ETAP Seminar Monday through Wednesday at the BOQ Conference Room from 8 a.m. – 4:30 p.m.

Spouses are welcome. The ETAP Seminar will highlight the many benefits and programs retiring service members will receive. In addition, this brief will focus on resume and interview techniques.

For more ETAP information, call 257-7790.

23 / Tuesday

Key Volunteer Training — If you’re a military spouse and would like to learn more about resources, meet new friends and become a valuable connection between families and commands, you’re invited to become a Key Volunteer.

The next free training is

Tuesday through Thursday from 8:30 a.m. – noon at the Key Volunteer Center, Bldg. 3022.

For more information, or to reserve your spot, call 257-2410.

27 / Saturday

Art-in-the-Park — The Child Development Center will host Art-in-the-Park from 10 a.m. – noon.

All base children are invited to meet with friends and make crafts.

A free child car seat safety inspection will be offered in the adjacent Marine Corps Exchange parking lot.

Art-in-the-Park is the final special event held in honor of April, which is the Month of the Military Child.

For more information, call the CDC at 257-1388.

MAY

1 / Wednesday

Gettin’ Crafty — Camp H.M. Smith will host a Mothers’ Day Craft Fair in Bldg. 4 (opposite of the Marine Corps Exchange) from 7:30 a.m. – 2 p.m.

The Camp S m i t h Mothers’ Day Craft Fair will feature homemade crafts and baked goods.

For more information, call 477-5143.

2 / Thursday

Welcome Aboard — All newly stationed military personnel and their family members are invited to attend the next New Arrival Orientation at the Base Theater, Bldg. 244, from 7:30 – 11:30 a.m.

Keynote speakers from both base organizations and MCCS will provide patrons with an overview of resources, recreation and networking opportunities.

Free coffee, donuts and information from GEICO Insurance, the Bank of Hawaii, Navy & Marine Corps organizations and more await guests in the lobby’s Information Station.

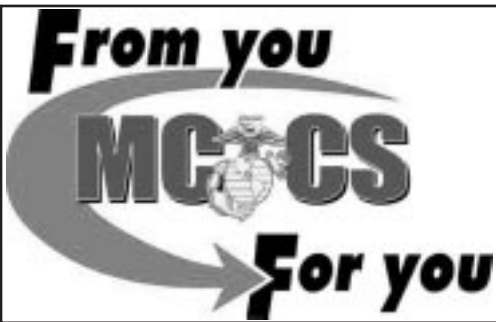
For more details, contact Marie Jesus at 257-7788.

Sixty Minute Adventures — You and your preschool-aged children are invited to the Base Library’s StoryTime every Thursday from 10 – 11 a.m.

Join “Auntie Lori,” as she narrates adventurous tales and leads guests into the weekly craft project.

If your little one craves an adventure and you crave social activity as well, make StoryTime a weekly venture.

For more StoryTime details, call the Base Library at 254-7624.



PARENTS BEWARE:

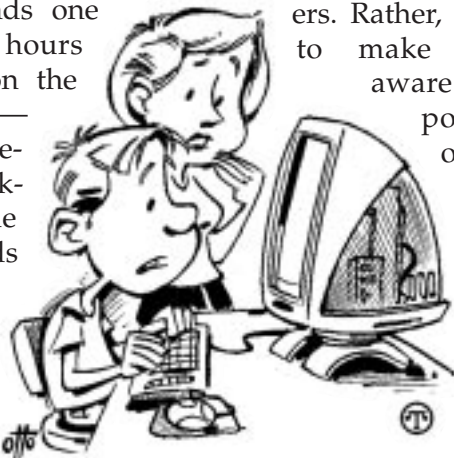
Computers may impact young eyes

NAPS Featurettes

According to a recent Roper Starch Survey, the average American child spends one to three hours per day on the computer — doing homework, talking online with friends and playing games, often starting at age 2 or 3.

However, heavy computer use among children can put them at risk for early nearsightedness.

According to a new study by Dr. Pia Hoenig, a pediatric eye specialist at the Berkley School of Optometry, as many as 30 percent of the 37 million children in the U.S. who use computers at home or in school are causing un-



Prevent work-related stress with smart practices, tools

NAPS Featurettes

In today’s workplace, many people have to do twice as much in half the time, without compromising quality. That adds up to one thing-stress.

Overloaded schedules, excessive demands and difficult co-workers all can bear down, causing tension and anxiety.

Routine activities, such as typing, filing and stapling, also can inflate stress. When frequently done over time, these tasks can fatigue fingers, hands and wrists.

Fatigue can then lead to irritation, discomfort and pain, which can bring about such ailments as aches, tenderness, swelling, numbness and tingling.

For many, the end results can be chronic or debilitating illnesses, such as tendonitis or carpal tunnel syndrome.

To reduce such stress, practice techniques and use today’s office friendly supplies that make daily tasks easier such as staplers and hole punchers designed to minimize strain on fingers, hands and wrists caused by repetitive tasks.


One hole punch model on the market, today, requires only two fingers to operate. That means you don’t have to stand for extra leverage, and can punch up to 32 sheets without arm or back strain.

After you customize your workspace, try the following stress-reducing tips:

- Watch your posture. Avoid bending your wrists, or working with your elbows raised toward shoulder height.
- Exert force in ways that generate the most strength. When you push down, use a straight arm. Conversely, when you push forward, bend your arm.
- Reduce pressure on your hands. When using hand tools, keep large surface areas in contact with your hand. As you grip, position the tool in the “fat pads” of the palm and fingers.

Although work stress may be inevitable, with the right practices and tools you can keep stress at a minimum.





To uplift the spirits of the Marine Corps and Navy families and to support Marine Corps and Navy readiness and retention through customer-owned and driven MCCS programs, goods and services — in garrison and deployed environments.

MOVIE TIME

Prices: Adults (12 and older) \$3, Children (6 to 11) \$1.50, Children (5 and younger) free.

Matinee prices are \$2 for adults and \$1 for children. Parents must purchase tickets for “R” rated movies in person at the box office for children 16 years old and younger.

For E-5 and below, admission is free to the second show on Friday and Saturday evenings only. Sunday evenings, the price is \$1 for all patrons.

Please show your ID at the box office.

Phone 254-7642 for recorded info.

John Q (PG13)	Today 7:15 p.m.
Rollerball (PG13)	Today 10 p.m.
We Were Soldiers (R)	Saturday 7:15 p.m.
Collateral Damage (R)	Saturday 10 p.m.
Harry Potter (PG)	Sunday 3:30 p.m.
Rollerball (PG13)	Sunday 7:15 p.m.
We Were Soldiers (R)	Wednesday 7:15 p.m.
Dragonfly (PG13)	April 24, 7:15 p.m.
Collateral Damage (R)	April 24, 10 p.m.

For up-to-the-minute news about MCCS, log onto www.mccshawaii.com.

Family Dinner, Wednesday



Cpl. Jason E. Miller

Anderson Hall will host a Family Night Dinner on Wednesday (April 24) from 5 to 7 p.m. Service members, retirees, civilians and guests are invited to partake of this meal at \$3.25 — the full meal rate. Service and family members of E-4 and below are authorized to pay the discounted meal rate of \$2.70. All others must pay the full meal rate.

Anderson Hall will prepare the following this week.

Monday <u>Lunch</u> Teriyaki Chicken Salisbury Steak Mashed Potatoes Steamed Rice Fruit Bars Apple Crisp	Chops Turkey Pot Pie Steamed Rice Mashed Potatoes Sweet Potato Pie Peanut Butter Cookies Bread Pudding W/Lemon Sauce
<u>Dinner</u> Baked Meat Oven Roast Beef Pork Fried Rice Parsley Buttered Potatoes Fruit Bars Apple Crisp	<u>Specialty Bar</u> (For Lunch and Dinner) Country Bar
<u>Specialty Bar</u> (For Lunch and Dinner) Pasta Bar	Thursday <u>Lunch</u> Cantonese Spareribs Baked Tuna and Noodles Pork Fried Rice Cornbread Dressing Pineapple Upside Down Cake Assorted Fruit Pies
Tuesday <u>Lunch</u> Barbecued Spareribs Veal Parmesan Oven Browned Potatoes Buttered Egg Noodles Devil's Food Cake Assorted Fruit Pies	<u>Dinner</u> Swedish Meatballs Carribean Chicken O'Brien Potatoes Steamed Rice Pineapple Upside Down Cake Assorted Fruit Pies <u>Specialty Bar</u> (For Lunch and Dinner) Taco Bar
<u>Dinner</u> Swiss Steak w/Brown Gravy Baked Fish Filets Steamed Rice Lyonnais Potatoes Devil's Food Cake Assorted Fruit Pies	April 26 <u>Lunch</u> Pepper Steak Southern Fried Catfish Rice Pilaf Potatoes Au Gratin Assorted Fruit Pies Sugar Cookies
<u>Specialty Bar</u> (For Lunch and Dinner) Taco Bar	<u>Dinner</u> Roast Turkey Beef Pot Pie Paprika Buttered Potatoes Steamed Rice Savory Bread Dressing Assorted Fruit Pies Sugar Cookies
Wednesday <u>Lunch</u> Chili Macaroni Baked Ham Grilled Cheese Sandwich Candied Sweet Potatoes Peanut Butter Cookies Bread Pudding W/Lemon Sauce	<u>Specialty Bar</u> (For Lunch and Dinner) Pasta Bar
<u>Dinner</u> Baked Stuffed Pork	

FOR MILITARY ONLY

New Associate's degree offered only aboard K-Bay

Cpl. Luis R. Agostini
Marine Forces Pacific
Public Affairs Office

With forced marches, inspections, barracks duty, irregular working shifts and other duties required of service members, taking classes at the Hawaii Pacific University (HPU) downtown campus or Hawai'i Loa campus may seem out of the question.

Further, many degree programs have requirements, i.e., upper-level courses, which are only offered at the downtown campus.

Hawaii Pacific University has now made it possible for service members to obtain an associate's degree without having to leave the front gate.

The Associate's in Supervisory Leadership (ASL) is a special curriculum degree available only to students on military bases. It's not offered at the downtown or Hawai'i Loa campuses.

Application of military training

and experience to this program is based upon the credit recommendations provided by the American Council on Education (ACE), according to HPU.

A maximum of 36 semester hours may be granted for various nontraditional experiences based on ACE recommendations, which may include credits gained from recruit training, military occupational specialty schools and Marine Corps Institute correspondence courses, according to HPU's Associate's in Supervisory Leadership web page.

Also granted are Defense Activity for Non-Traditional Educational Support (DANTES) and the College Level Examinations Program (CLEP).

Fifty percent of the ASL curriculum is made up of unrestricted electives, contributing to the program's flexibility.

The Associates in Supervisory Leadership program will not only further students' education, but also enhance service members' lead-

ership capabilities.

"The Associates in Supervisory Leadership provides service members with significant opportunities to explore the nature and responsibilities of the supervisor as a leader," said Bob Cyboron, the academic liaison for satellite programs on military bases. "The quality education provided by HPU, coupled with military experience, results in better supervisors and leaders.

"One's value to our uniformed services and promotion potential are enhanced significantly."

With this degree, or any other degree from any of the accredited institutions on base, students can move on to pursue higher learning and obtain their bachelor's, master's or doctorate's degree.

For more information, contact the MCB Hawaii, Kaneohe Bay, Joint Education Center, located in Bldg. 219. At K-Bay, call 257-6730 for more information. At Camp Smith, reach the Joint Education Center, located in Bldg. 9, at 477-0412.

Popular interest and skill survey goes online, aids

Loretta Cornett-Huff
Education Services Officer,
MCB Hawaii

The Campbell Interest and Skill Survey (CISS) is not your average interest inventory. Rather, the CISS is unique.

The assessment renders two sets of scores, resulting in a visual display of a client's interests and self-assessed skills within numerous occupational scales.

The CISS actually measures the client's confidence in his/her abilities to perform certain skills. The results are then integrated into unique interest and skill patterns that aid in career planning.

The CISS report is now on the Internet and continues to deliver the features that test control officers have valued for more than ten years.

Enhancements found

on the Internet version include:

√ More colorful profiles, making them more compelling and easier to interpret.

√ Client links directly from his/her report to online exercises, definitions, career resources and the CISS Career Planner.

√ Complete client results, because responses are checked automatically and any omitted items are identified and must be corrected before the survey is scored.

The CISS Career Planner presents information and exploratory exercises to help respondents interpret their CISS results.

The Career Planner is invaluable for people working through the survey on their own. It points out what to look for, helps

See SURVEY, B-6

Logging hours



Lance Cpl. Jessica Mills

Dawn Josiah (left), office assistant at the Kaneohe Bay Navy-Marine Corps Relief Society, presents the Superior Excellence Award to Kristine Goodfred April 11. Goodfred volunteered more than 1100 hours of her own time from January through March. Also recognized during the luncheon awards ceremony were Deborah Rodriguez for 1,000 hours; Stacy Fuller and Fatima Lekovich for 300 hours; and Kelly Davis and Denise Rogers for 100 volunteer hours. Dee Lewis, chair of caseworkers, was named Volunteer of the Quarter.



Sgt. Jonathan E. Agee

Mark Mennillo teaches U.S. history to the students of Torrington High School in Connecticut. Mennillo departs for Marine Corps recruit training this summer. After earning the title of Marine, he will return to his high school environment.

SURVEY: Website analyzes personal

From B-3

the client identify interest patterns, and answers common questions.

The Internet version of the CISS Career Planner also offers an updated and expanded job resources section.

Test control officers and education specialists aboard military installations can offer the Campbell Interest & Skill Survey to their military personnel in a process as easy as “1-2-3.”

1. Go to the URL address <http://assessments.ncspearson.com/assessments/career/dantes-military.htm>.

2. Fill out the information form.

3. Click on the submit button, and your order request will be processed within 24 hrs, during normal business days.

Civilian employees and family members can also go straight to the worldwide web and immediately take the CISS online using their credit card.

Go to the URL address <http://assessments.ncspearson.com/assessments/career/dantes-family.htm>.

pearson.com/assessments/career/dantes-family.htm.

The CISS Internet version offers flexibility and interactivity.

The Internet version of the CISS test takes advantage of interactive features that are not available on paper.

For example, the online report includes:

- √ An automatic check of responses that requires all questions to be answered before the survey is scored, helping to ensure complete results.

- √ An expanded list of jobs to explore.

- √ A link to the expanded CISS Career Planner which contains additional career resources and a section on working with a career counselor.

- √ Links to explanatory materials, online career-planning exercises, and career resources on the web.

- √ Free online test management system offers counselors additional benefits.

Also included in the web version is the CISS

Teacher uses summer break to become a U.S. Marine

Sgt. Jonathan E. Agee
MCRSS Torrington, Conn.

MARINE CORPS RECRUITING SUBSTATION TORRINGTON, Conn. — The students of Torrington High School are going to have a big surprise next year when their teacher returns to class as a United States Marine.

Mark Mennillo, a United States history teacher at Torrington, departs for Marine Corps recruit training this summer after teaching only one year of high school.

He decided to join the Marine Corps in November, after realizing that the majority of political figures and heroes of U.S. history all seemed to have some form of military training.

“If you look at any big political leader, they all have backgrounds from one of the services,” said Mennillo.

The 23-year-old Waterbury, Conn., native and former Eagle Scout, also wants to gain the intangible qualities that are commonplace to all Marines, so he can better himself as a person and as a teacher.

“I also want more leadership qualities,” said Mennillo. “I think it will help me in the areas that I am lax — that’s where the discipline will kick in.”

Mennillo describes his teaching style like that of an older brother. He wants the students to be free to learn, but at the same time, he demands the highest respect and attention of his students.

His style of leadership fits perfectly with his students, and his qualities have promising potential



Sgt. Jonathan E. Agee

Mennillo discusses events from U.S. history before a captive audience of high school students.

for a leader in the Marine Corps.

“He knows when to talk like a friend, but he also knows when to take charge, and that is important for any leader,” said Stephen Teti, an 11th grade student of Mennillo’s. “He is very strong in his mind, and he believes in what he teaches. He doesn’t tell you something he doesn’t believe.”

Mennillo has no reservations about going into the Corps. He looks forward to the rigorous physical challenges and long hours of training.

“One thing I am going in for is P.T.” [physical training], said Mennillo. “I want to prove that I am still fit, and I can still hang with the top dogs out there.

“Personally, I think it’s going to be fun.”

Mennillo’s positive attitude about training and the fact that he has been a leader of teenagers for nearly a year should give him a distinct advantage in recruit training.

“As a teacher, you have

to take the authority and set goals and objectives for the class,” said Mennillo.

“I think he will do very well,” said Ralph Shove, U.S. history teacher and Mennillo’s mentor. “He is a dedicated man who cares a lot about his country.

“Having experience as a leader, he will adapt to the situation better than others might.

“He is a very positive and optimistic person who always has a smile on and is always ready to help.”

In addition to his daily role as a leader, Mennillo also attends Recruiting Substation Waterbury’s weekend training functions where the recruiters give the recruits a taste of what training will be like.

“There is nothing soft here,” said Sgt. Christopher G. White, Mennillo’s recruiter when referring to the way they train their recruits. “We don’t sugar coat or soften anything!”

White admits, after watching Mennillo train

with other recruits for nearly five months, that Mennillo has unique qualities that will benefit him in recruit training.

“In a way, he will be able to pull recruits aside and explain to them how they need to work as a team,” said White. “He can take skills from his job, being able to work with kids and teach, and he can teach them to be on the same page, but on a different level.

“You can depend on him to be there and carry out responsibilities. He is dependable, and he has big responsibilities too.”

After Mennillo returns from recruit training, he plans to pursue his teaching career with the hopes of one day becoming a school administrator or principal of his own school.

Although no one can predict the future, the skills and training Mennillo will receive in Marine Corps recruit training are sure to benefit him in achieving his life goals — wherever they take him.

Administration Center, which enables counselors to easily track multiple test-takers at no additional charge.

The Center puts counselors in control of the testing process from start to finish, including:

- √ Distributing vouchers for test-takers.

- √ Administrating tests over the Internet.

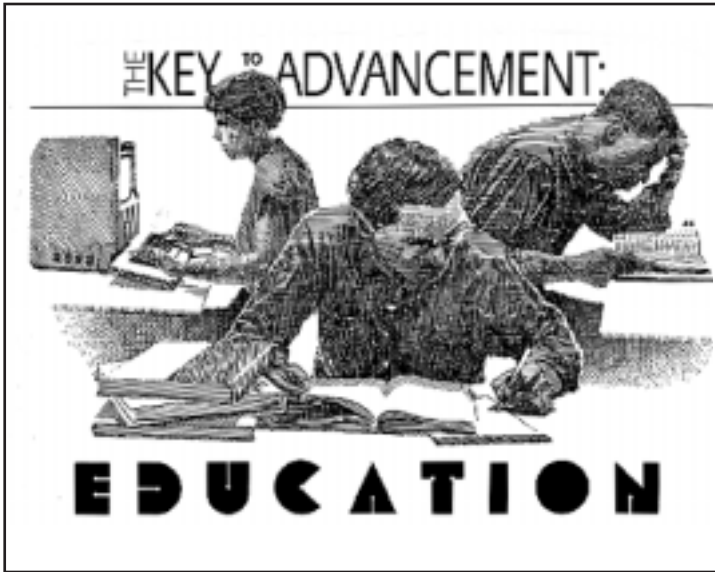
- √ Conveying test results quickly and efficiently.

- √ Monitoring all testing

events with a simple status screen.

- √ Enabling counselors to restrict test-takers’ access to report, which requires minimal set-up time for counselors and allows them to choose the options that best support the way they want to work with students and clients.

For more information about the survey, call toll free, 1-800-627-7271, ext. 5137.



Worth Repeating: “Life begets life. Energy creates energy. It is by spending oneself that one becomes rich.” — Sarah Bernhardt

WORD TO PASS

Windward Mall Posts Schedule
Catch one of the following free events Center Stage at Windward Mall in April.

- Today at 6:30 p.m.: The Ohana Concert begins at Center Stage.
- Saturday from 12 - 3 p.m.: Catch the Hawaii State Weightlifting Championships presented by Team Hawaii Olympic Weightlifting. For more details, call 973-9889.
- Saturday from 11 a.m. to 5 p.m. and Sunday from 12 - 5 p.m.: Oahu Civil Defense will provide information displays and materials to prepare the public for Tsunami Awareness Month. Call 527-5490 for more.
- April 27 from 10 a.m. - 5 p.m., catch the “Back to Health Fair,” which will present alternative treatments, health screenings, consultations, entertainment and more. Call 262-8358 for more.

Hunter Education Classes Offered
Hawaii’s Dept. of Land & Natural Resources will host its series of Hunter Education Classes tonight (from 5:45 - 10:15 p.m.) and Saturday (from 7:45 a.m. - 4 p.m.) at 1130 N. Nimitz Highway, Suite #A-152 on the ground floor.

Learn about archery safety, wildlife identification, conservation and more.

This free class is open to anyone 10 years old and above who enjoys outdoors, and attendance is required both days for certification.

Pre-register by calling 587-0200.

Waikiki Aquarium Presents Series

- Tonight from 7 - 9 p.m., tour the Aquarium at night to find out if fish snooze or lobsters sleep. You’ll also discover how coral reefs change as day turns to night.

Youngsters must be accompanied by

an adult.

Pre-registration is \$7 for adults, \$6 for children, and class size is limited.

- Explore shallow reef and tidepool areas with Aquarium naturalists, April 27. On these shoreline expeditions, you will wade up to your knees, experience the natural history of Hawaii’s shores, and chat about reef conservation and reef walk safety.

Minimum age for this adventure is five years old, and youngsters must be accompanied by an adult.

Preregistration is required. Adults cost \$10; children cost \$8.

- Learn how to take care of your home aquarium, April 27 from 1 - 4 p.m. Designed for adults and teenagers, the Aquarium’s marine pathologist will discuss disease detection and prevention.

Minimum age for this class is 12 years old, and pre-registration is required. Cost is \$12 per person.

- Call 923-9741, for more information about Waikiki Aquarium programs or visit www.waquarium.org.

Veterans’ Benefits Booth Available
The Vietnam Veterans of America, Chapter 858, will be sponsoring a Veterans’ Benefits Information Booth from 9 a.m. to 5 p.m., Saturday at the Ala Moana Center mall in Waikiki.

The Info Booth will be located on the Mall Level above Center Stage and is designed to inform all veterans in the community about their entitlements by distributing printed materials from the State Office of Veterans Services, the Veterans Administration and the Vietnam Veterans of America, Inc.

Veterans will be informed of the importance of registering with the V.A. and encouraged to keep informed of veter-

ans’ legislative issues by joining a veterans organization of their choice.

For details, call 1-800-882-1316 or visit www.vva.org. On Oahu, email the VVA at vvaoahu@yahoo.com or call 566-0236.

The VVA is a congressionally-chartered veterans service organization, which is dedicated to promoting and supporting the full range of issues important to Vietnam veterans and their families through legislation, employment, education and benefits programs.

Beach Cleanups Planned
Participate in Earth Day 2002 by providing kokua at either the He’eia State Park coastal restoration, Saturday from 8:30 - 11:30 a.m. or at Kailua Beach, Sunday from 9 - 11 a.m.

Simply meet at the location to kokua.

Hawaii Business College Hosts Workshops
The public is invited to attend any Hawaii Business College Career Workshop, Saturdays through April 27 at 10:30 a.m. to 12 p.m.

The seminar is an ideal opportunity for high school seniors and job seekers to find out what career opportunities match their talents and goals. Attendees will also receive tips on employment trends and writing effective resumes.

Attend at the Learning Resource Center, 3rd floor, 33 South King Street. For more details, call Admissions at 524-4014.

Hale Koa Hosts Brunch, Magic Shows, Giveaways

- April is the Month of the Military Child, and the Hale Koa Hotel in Waikiki invites all keiki to a special Magic in Paradise Show Tuesday.

The Hale Koa will offer discounted admission, door prize drawings and free gifts to each child under 12 years old. The ticket price includes its all-you-can-eat buffet, the show and gratuity.

- Join Hale Koa as it celebrates Lei Day, April 30 at 8:30 a.m. in the Banyan Tree Courtyard, with music, hula and more.

Lei Day has celebrated the spirit of the islands since 1928, as everyone makes and gives leis. Call 955-9426 for more.

- Always a sell-out, treat mom to a special Mother’s Day meal at Hale Koa’s Mother’s Day Brunch, Sunday, May 12.

Call the Activities Desk to make your reservation, 955-0555, ext. 546.

- In honor of Hawaii Military Appreciation Week (in May), the Hale Koa Hotel will host a Salute to the Military Luau, May 20, offering both a grand prize giveaway and discounted ticket prices.

Your ticket to the luau includes an exciting show, a sit-down dinner, gratuity and one exotic cocktail or two standard drinks.

A trip for two to the Big Island, including airfare and two nights in a deluxe cabin at Kilauea Military Camp — located in the heart of Hawaii Volcanoes National Park — will be the grand prize at the Monday, May 20 luau.

Ticket sales begin April 16. Call the Activities Desk at 955-0555 to make reservations.

(The Hale Koa luau is one of many events held during the annual Military Appreciation Week in Hawaii, May 17-25, which features special recognition of those who serve America through military service.)

See WORD TO PASS, B-8

Marine Makeponos

“HAWAIIAN FOR “MARINE BARGAINS”

Vehicles	Furniture	
1997 Eddie Bauer Ford Expedition , 55,000 miles, loaded with new tires, complete with maintenance records and shop manuals, \$19,500. Call 254-6884 or email: fosnaughii@aol.com .	Solid Wood, King-Size Bed , dresser, mirror, chest, night stand, water-coiled mattress, and box springs, \$600. All are in great condition. Call 254-9179.	cert pitch, \$800. Call Karen at 254-6884 or email: kmfbsrt@aol.com .
	Aeolian Upright Piano , oak with bench, great sound, con-	Vintage 1920s Sofa , heavy mahogany frame with feather cushions, R/W/B upholstery, has sage slipcover, \$200. Call Karen at 254-6884 or email: kmfbsrt@aol.com .

Ads are accepted from active duty and retired military personnel, their family members and MCB Hawaii civil service workers. **Ads are free** and will appear in two issues of the Hawaii Marine, or as applicable.

The deadline for submitting ads to the Hawaii Marine is at 4 p.m. the Friday of the **week prior** to publication. Forms may be filled out Monday through Friday from 7:30 a.m. to 4:30 p.m. at the MCB Hawaii Public Affairs Office, located in Bldg. 216, aboard Kaneohe Bay.

Makeponos may be used only for noncommercial classified ads containing items of personal property offered by and for individuals authorized to use this service. Such ads must represent incidental exchanges, not of a sustained business nature, which are run on a first-come, first served, space-available basis. Call 257-8840 for more.

WORD TO PASS, From B-7

Give Goods at Commissary
Hawaii Foodbank will hold its 13th Annual Food Drive, Saturday, April 27, at various places such as military locations, Windward City Shopping Center, Restaurant Row, Pearl City Shopping Center and Kahala Mall.

You can kokua from 10 a.m. to 4 p.m. at the MCB Hawaii Kaneohe Bay Commissary by donating one of these most wanted *canned* food items: fish, meat, corned beef hash, soups, pork & beans, spaghetti, chili, vegetables and fruits. Donations of peanut butter and rice are also needed.

Help beat the current “wall of Spam” record, which is 3,390 cans at the new Spam Museum in Austin, Minn. Drop off cans of Spam at the Restaurant Row collection headquarters, from 8 a.m. to 5 p.m. Free entertainment will be on hand.

For more information, call the Commissary at 257-7790; call the Hawaii Foodbank at 836-3600, ext. 226; or visit the Foodbank website at www.HawaiiFoodbank.org.

Windward Mall Sponsors Recreation

Catch any one of these ongoing activities at Windward Mall.

- Wednesdays at 6-9 p.m. enjoy free chess lessons and tournaments at Center Court, sponsored by the Hawaii Chess Federation and America’s Promise. All ages are welcome. Call 586-6151 for details.
- Wednesdays through Fridays at 7:30 a.m. get fit with

Luk Tung Association Exercise at Center Court. Participate for free in stretching, aerobic and flexibility programs.

- Thursdays from 6:30 - 8 p.m. learn the latest steps with country line dance lessons, free at Center Court. Call 247-4769 for more information.

All Enlisted Spouses’ Club Changes Hours

The All Enlisted Spouses’ Club Thrift Shop is now open Monday through Friday from 5:30 to 8:30 p.m.

For more information, contact AESC President Christy Knight at the Thrift Shop, 254-0841.

Navy-Marine Corps Relief Needs Volunteers

Do you want to make a difference? Do you enjoy helping others? Do you have a few free hours each week? If you answered “yes” to any of these questions, then the Navy-Marine Corps Relief Society is where you need to be.

Volunteer positions are now available for almost any area of interest. Some of the current openings are for caseworkers, receptionists, layette workers, computer and thrift shop personnel.

Caseworkers listen to requests, make decisions and disburse funds to meet clients’ needs; receptionists answer the phone, greet clients and process initial paperwork; layette workers prepare “junior seabags” for expecting parents; computer personnel provide a range of services to include data entry; and thrift shop personnel help run the store by pricing items,

setting up displays or helping shoppers make their purchases.

Consider donating your time to NMCRS. Not only will you be providing an invaluable service to Marines, Sailors and family members, but also you will meet interesting people, increase your self-confidence, build your resume and learn new job skills.

Volunteers set their own hours, and the Society reimburses for mileage and childcare. Contact NMCRS’ Kaneohe Bay office (in Bldg. 216, the “general’s building”) at 254-1327 or the Pearl Harbor office (1514 Makalapa Drive, across from the Makalapa Branch Medical Clinic) at 423-1314.

Kilauea Military Camp

Experience the Big Island’s rest and recreational activities at Kilauea Military Camp, located in Hawaii Volcanoes National Park.

Explore Kilauea Crater on foot or motor coach with KMC’s professionally narrated tours at the most reasonable prices. Let knowledgeable guides show you the rest of the island with the Circle Island or Hilo tour — all without the worry of driving.

For the sports enthusiasts, KMC offers tennis, bowling, basketball, biking, hiking and golf packages. To keep the youngsters entertained, the Recreation Lodge features miniature golf, ping pong, billiards, video games and movies at nominal prices.

Kilauea Military Camp’s renovated cottages are comfortably furnished, including a unique feature that’s rarely found in

any Hawaii home: a fireplace. At 4,000 feet above sea level, you can delight in the warmth of a fire, toast marshmallows and unwind.

Your stay is made even more enjoyable with a well-stocked General Store, an entertaining Friday Night Hula Show, a cozy lounge, a convenient snack bar, weight room, shuttle service, theater, chapel and gas station.

Book a reservation today. A joint services recreation center, KMC is open to all active duty and retired military, Reserve and National Guard members, current and retired DoD civilian employees, all family members and sponsored guests.

Ask about KMC’s special inter-island air coupons and airline packages and the KMC airport shuttle service. Call 438-6707 for reservations. Visit the KMC website at www.kmc-volcano.com.

Theatrical Productions

If you want to be entertained, catch any of the following theatrical performances.

- *At Castle High School’s Ron Bright Theater:* “Fame.” Remaining performances are today and Saturday at 8 p.m. and Sunday at 2 p.m. Adult admission is \$15; students, \$10.
- *At Hawaii Theater:* “Joseph and the Amazing Technicolor Dreamcoat.” Remaining shows are today and Saturday at 7:30 p.m., Sunday at 2 p.m. Tickets are \$15 - \$40. Call 528-0506 for more.
- *At the University of Hawaii Kennedy Theater:* “Eco Circus,” about three children who travel to a magical land where a circus

is performed by animals who have one thing in common — they are all on the list of endangered species. Remaining performances are April 26 - 27 and May 4 at 7:30 p.m., May 5 at 2 p.m.

Tickets cost \$10 adults, \$9 seniors and military, \$7 children, and \$4 University of Hawaii students.

Call Kristy Miller at 956-2598 for more.

- *At the University of Hawaii Earle Ernst Lab Theater:* “The Yellow Wallpaper,” about a Victorian woman with post-partum depression. Remaining performances are April 27 and May 3 at 10:30 p.m. and April 28 at 8 p.m.

Tickets cost \$7 adults, \$6 seniors and military, and \$3 UH students. Call Kristy Miller at 956-2598 for more information.

- *At Kumu Kahua Theater:* “Super Secret Squad.” Performances get underway May 16 - June 16. It’s a play by Lee Cataluna. Five undergraduates take indefensible decisions made by clueless bureaucrats into their own hands. This delightful comedy will keep you laughing. Call 536-4222 for more.

- *At Manoa Valley Theater:* “Sea Marks,” presented by Celebrate Hawaii from May 20-21. Show times are 7:30 p.m. at \$15. Call 732-1147 for more.

- *At Diamond Head Theater:* “Titanic,” the winner of five Tony awards in 1997, makes its Hawaii premiere, May 24 - June 9. Performances are scheduled Thursdays through Saturdays at 8 p.m. Tickets cost \$10 - \$40. Call 733-0274 for more details.

Did You Know?

It was believed by some in the southern United States that if the fire popped on the hearth, a letter was headed their way.



NAPS